# RUSTIC KEFIR SOURDOUGH

*A Professional Guide to Gut-Friendly Baking*

This recipe utilizes a double-pan steam method and organic ingredients to create a professional-grade loaf at home. No kneading required.

# Ingredients & Equipment

### The Dry Mix

- 3 cups (380g) Whole Wheat Flour
- 1 cup (120g) Rye Flour
- 1 tsp (6g) Himalayan Salt (Mineral-rich)
- 1 heaping tsp (5g) Sugar (To feed yeast)
- 1 heaping tbsp Flaxseed Flour (Optional)
- 1 heaping tbsp Fennel Seeds (Optional)

### The Wet Mix

- 3/4 cup (180g) Kefir Sourdough Starter
- 1 tbsp (15ml) Olive Oil
- 1 3/4 to 2 cups (420-480ml) Warm Water

# 1. The Dry Mix

In a large bowl, whisk together the Whole Wheat flour, Rye flour, Himalayan salt, sugar, and optional seeds. Ensure the dry ingredients are evenly distributed before adding moisture.

## 2. Incorporate Wet Ingredients

Create a well in the center. Pour in the Kefir Sourdough Starter, olive oil, and warm water. Mix with a sturdy spoon until no dry flour remains. The dough will look shaggy.

# 3. Pan & Shape

Line a standard loaf pan with parchment paper. Transfer the wet dough into the pan. Use a wet spoon to smooth the top surface evenly.

# 4. The Overnight Rise

Cover the pan loosely to prevent drying out. Let it sit on the counter at room temperature for 8 to 12 hours. The beneficial bacteria will ferment the dough, causing it to rise and develop bubbles.

## 5. The Double-Pan Bake

Preheat oven to 450°F (230°C). Place a second 'twin' loaf pan upside down on top of the dough pan. This traps steam. Bake covered for 20 minutes. Remove the top pan and bake for another 20-25 minutes at 400°F (200°C) until golden.

## 6. Cool & Enjoy

Remove the bread from the pan immediately to keep the crust crisp. Let it cool on a wire rack for at least 1 hour before slicing. Enjoy with butter, olive oil, or as a sandwich.